We Claim:

1. A system for applying reinforcing rings to a sheet of paper, comprising:

a first arm and a second arm, the first and second arms each having a first end and a second end, the first arm being hingedly connected at its second end to the second end of the second arm, the first and second arms each having an inner surface, with the inner surfaces of the first and second arms facing each other;

a strike plate mounted on the inner surface of the second arm adjacent the first end of the second arm;

a reinforcer dispensing assembly mounted adjacent to the first end of the first arm, the reinforcer dispensing assembly positioned to cooperate with the strike plate, the reinforcer dispensing assembly including at least one reinforcing ring removably mounted on a shaft, the shaft having a proximal end and a distal end, the proximal end of the shaft configured to mount removably connect the proximal end of the shaft to the first end of the first arm, and a compression ring mounted on the shaft at a location proximal to the at least one reinforcing ring, the compression ring configured to adjust the position of the of the reinforcing ring on the shaft.

- 2. The system of claim 1, wherein the reinforcing ring has a top side and a bottom side, and also has an adhesive layer applied to the bottom side.
- 3. The system of claim 1, wherein the shaft has an outer surface with threads disposed thereon, and the compression ring has a top side and a bottom side and an opening extending therethrough, the opening having an inner wall having threads configured to cooperate with the threads of the shaft such that rotation of the compression ring causes the compression ring to translate along the shaft in a longitudinal direction.
- 4. The system of claim 1, wherein the shaft has an outer surface with a plurality of ridges disposed thereon, and the compression ring has a top side and a bottom side and an opening extending therethrough, the opening having an inner wall, the compression ring also having a ratchet arm disposed in the opening and configured to cooperate with the plurality of ridges on the shaft to provide one way translation of the compression ring on the shaft to apply

pressure on the at least one reinforcing ring to move the at least one reinforcing ring towards the distal end of the shaft, and to prevent movement of the at least one reinforcing ring towards the proximal end of the shaft.

- 5. The system of claim 1, wherein the reinforcer dispensing assembly is removably attached to the inner surface of the first arm.
- 6. The system of claim 1, wherein the first arm has a bore having a first diameter disposed on a top surface of the first arm and extending through a portion of the first arm, and a second bore having a second diameter less than the diameter of the first bore, the second bore centered axially in relation to the axis of the first bore, the second bore extending from the first bore through the first arm, and wherein the first diameter is larger than a diameter of the compression ring and the second diameter is smaller than the diameter of the compression ring and larger than a diameter of the at least one reinforcing ring, such that the first and second bores accommodate the insertion of the reinforcer dispensing assembly and allow the distal end of the shaft upon which is mounted the at least one reinforcing ring to protrude from the opening of the second bore on the bottom of the first arm; and further comprising:

a plug having an outer diameter sized to cooperate with the first diameter of the first bore, the plug having a top side and a bottom side, the plug also having a central bore having a diameter greater than a diameter of the shaft extending from the bottom side of the plug into the plug for a selected distance, the plug configured to maintain the reinforcer dispensing assembly within the first bore of the first arm.

7. A reinforcer dispensing assembly, comprising:

a shaft having a proximal end and distal end and an outer surface, the outer surface having a plurality of ridges disposed thereon;

a collar having a central hole extending from a top side to a bottom side of the collar, the central hole sized to receive the shaft and to allow the collar to move longitudinally along the shaft;

a ratchet arm disposed within the central hole and mounted to the collar, the ratchet arm configured to cooperated with the plurality of ridges of the shat to control the movement of the collar along the shaft such that the collar is constrained to move in only one direction on the shaft.

- 8. The assembly of claim 7, further comprising at least one reinforcing ring removably mounted on the shaft adjacent the distal end of the shaft and at a location on the shaft distal to the location of the collar on the shaft.
- 9. The assembly of claim 8, wherein the at least one reinforcing ring has a top side and a bottom side, the bottom side having an adhesive layer disposed thereon.
- 10. The assembly of claim 8, wherein the distal end of the shaft is configured as a hole punch.